

# Food Insecurity in the Philippines: Analyzing Food Consumption Data Across Five Ultra Poor Communities in the Philippines

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## Introduction

- The Diary Project (DP) is a financial diary program run in five ultra poor communities in Iloilo, Philippines.
- Participants are asked to record their daily income and consumption, and from this data, we can learn more about how their financial decisions impact their health.

## Objective of the Study

To analyze the food consumption data collected during DP Phase 1 to help evaluate nutrition of participants and provide references for future ICM programs.

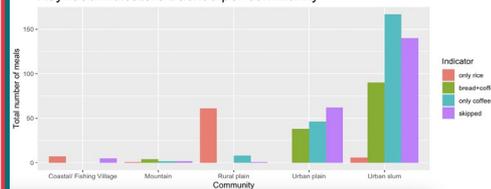
## Methods

- Using R to clean and analyze food consumption data collected during DP Phase 1 and track key indicators/trends
- Interviewing participants to gather information to supplement findings in the data
- Assisting research team on data collection, cleaning, and analysis

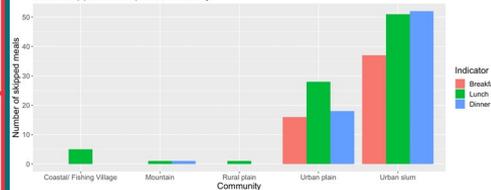
## Results

- Urban communities had significantly higher numbers of skipped/no food meals.
- Only rice meals are highest in the Rural Plain community
- Lunch is the most skipped meal across the majority of the five communities
- High number of skipped meals are from only a few households

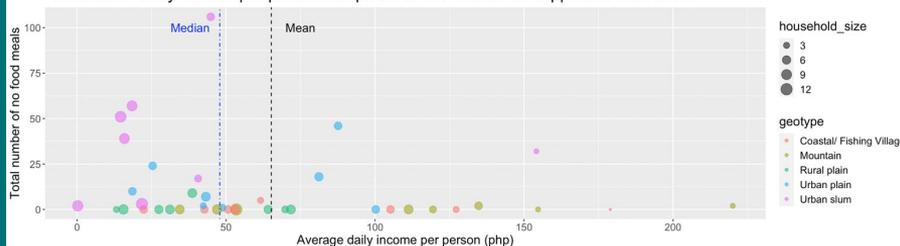
Key food indicators tracked per community



Each skipped meal per community



Households' daily income per person compared to the number of skipped/no food meals



## Discussion

- Urban communities might have larger numbers of skipped meals and single food meals because there is less gathering and gifting of food in these areas than in the rural communities.
- Lunch is often skipped because parents want to ensure enough food for the whole family for dinner.
- DP data tracks skipped meals on a household rather than individual level. Future research that records skipped meals individually is required to get a more accurate reflection of consumption behavior.

## Conclusion

- Understanding how households make food decisions and cope with a lack of food can help inform other ICM programming, as well as help refine the survey questions of Diary Project for its future Phase 2.
- The Food Insecurity Experience Scale (FIES) developed by the United Nations serves as a way to connect these findings to the varied experiences of food insecurity.

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